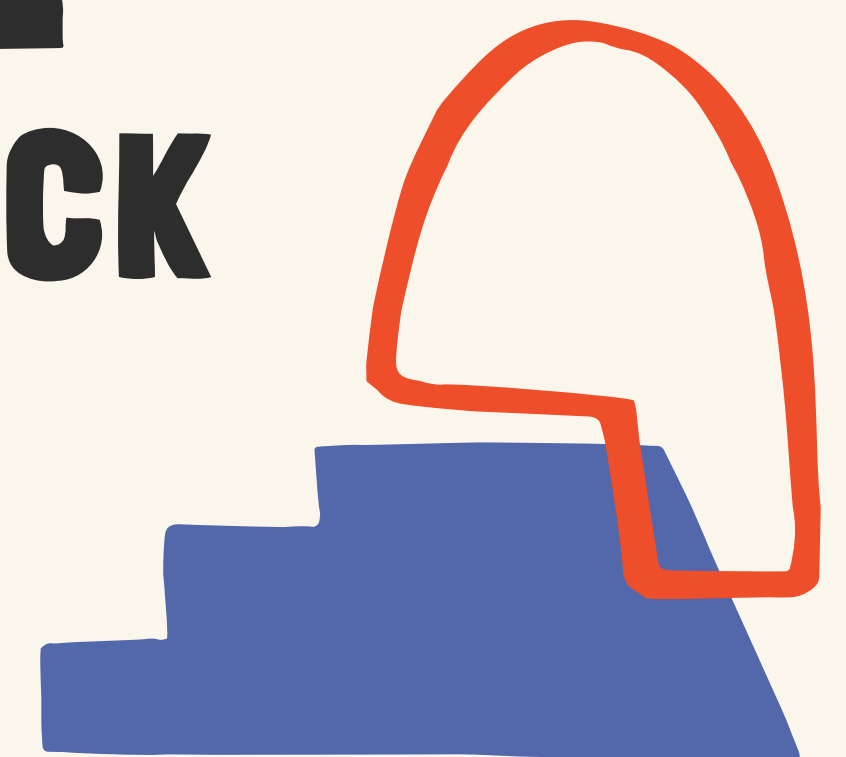




GROWING TOGETHER CMHW 2022



EYFS INSPIRATION PACK



This Years Theme

GROWING TOGETHER

- **How they've grown**
- **How they can help others grow**
- **Growing emotionally**
- **Finding ways to help each other grow**
- **Challenges and setbacks help us grow and adapt and trying new things helps us move beyond our comfort zone into a new realm of possibility and potential.**
- **Emotional growth is often a gradual process that happens over time and sometimes we might feel a bit stuck.**

LIFETIME LIFT YOUR MOOD WITH SMALL CHANGES



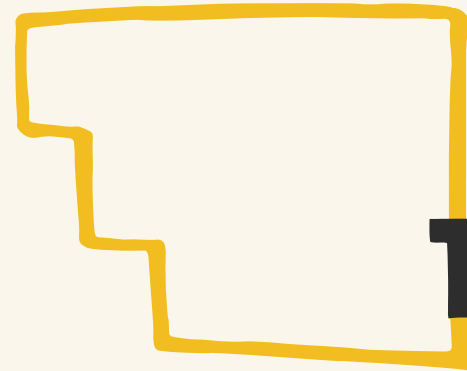
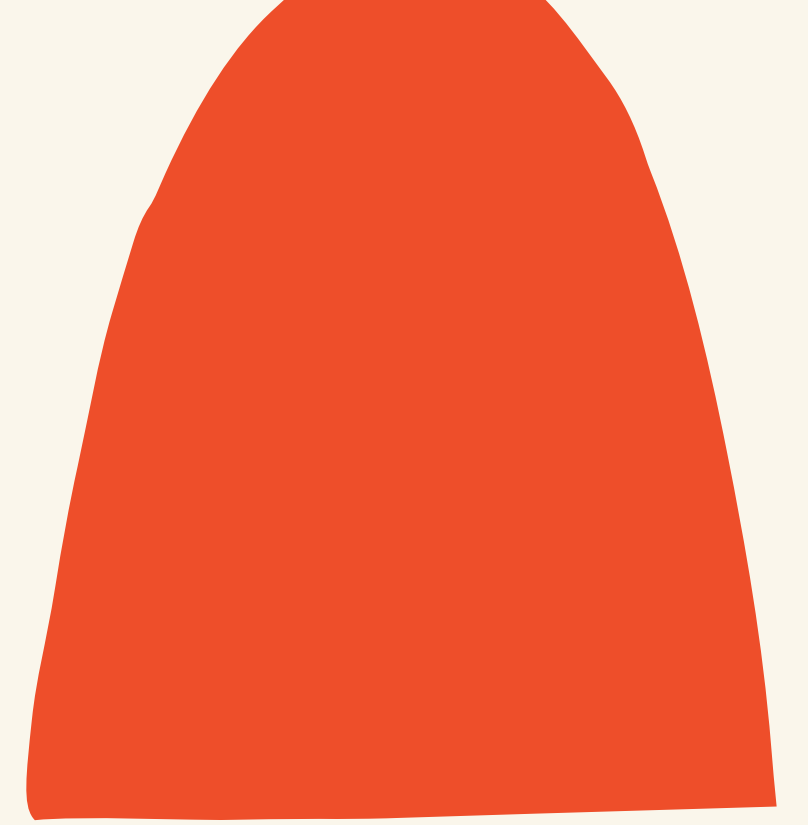
If you or someone you know is looking to improve mental wellbeing search Reach Out Liverpool CAMHS for help and advice.



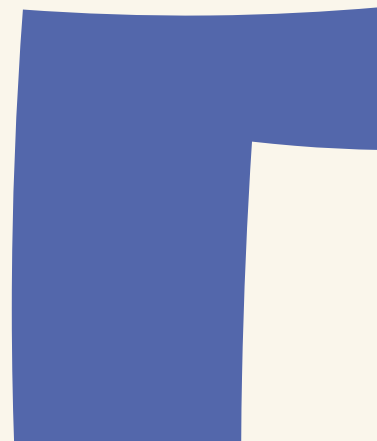
Liverpool
City Council



What is a blob? What is a blob tree?

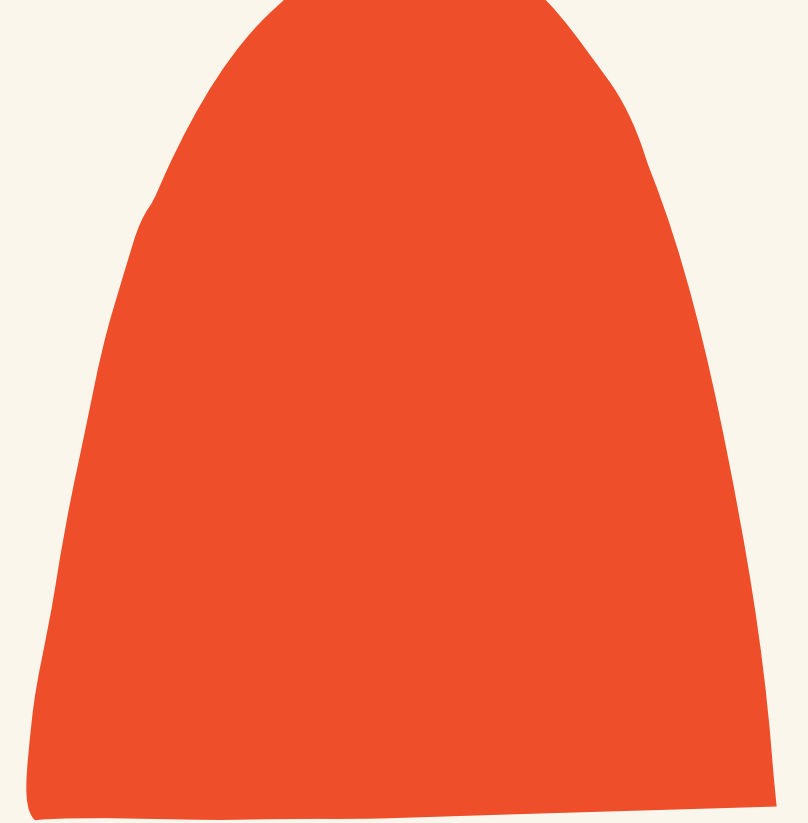
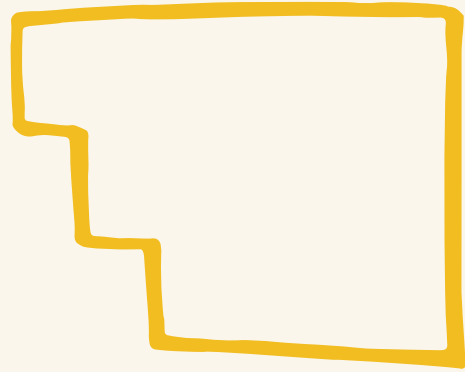


The trees show a variety of different scenarios that people may relate to and can be used as a springboard for conversations with people of any age group. Each Blob tree comes with suggested questions that can be used to guide the discussion.



The Big Book of Blob Trees (Blobs)
by Wilson, Pip and Long, Ian

Why talk about blob & blob trees?

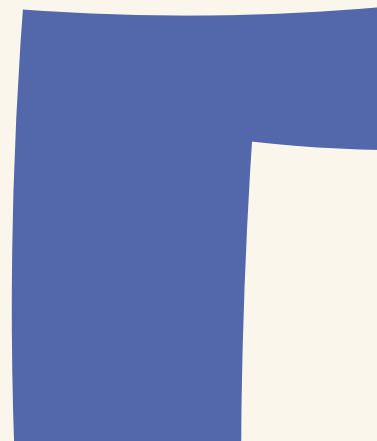


Blob trees are a way of opening up discussions about feelings and developing understandings of emotions, empathy and self-awareness.

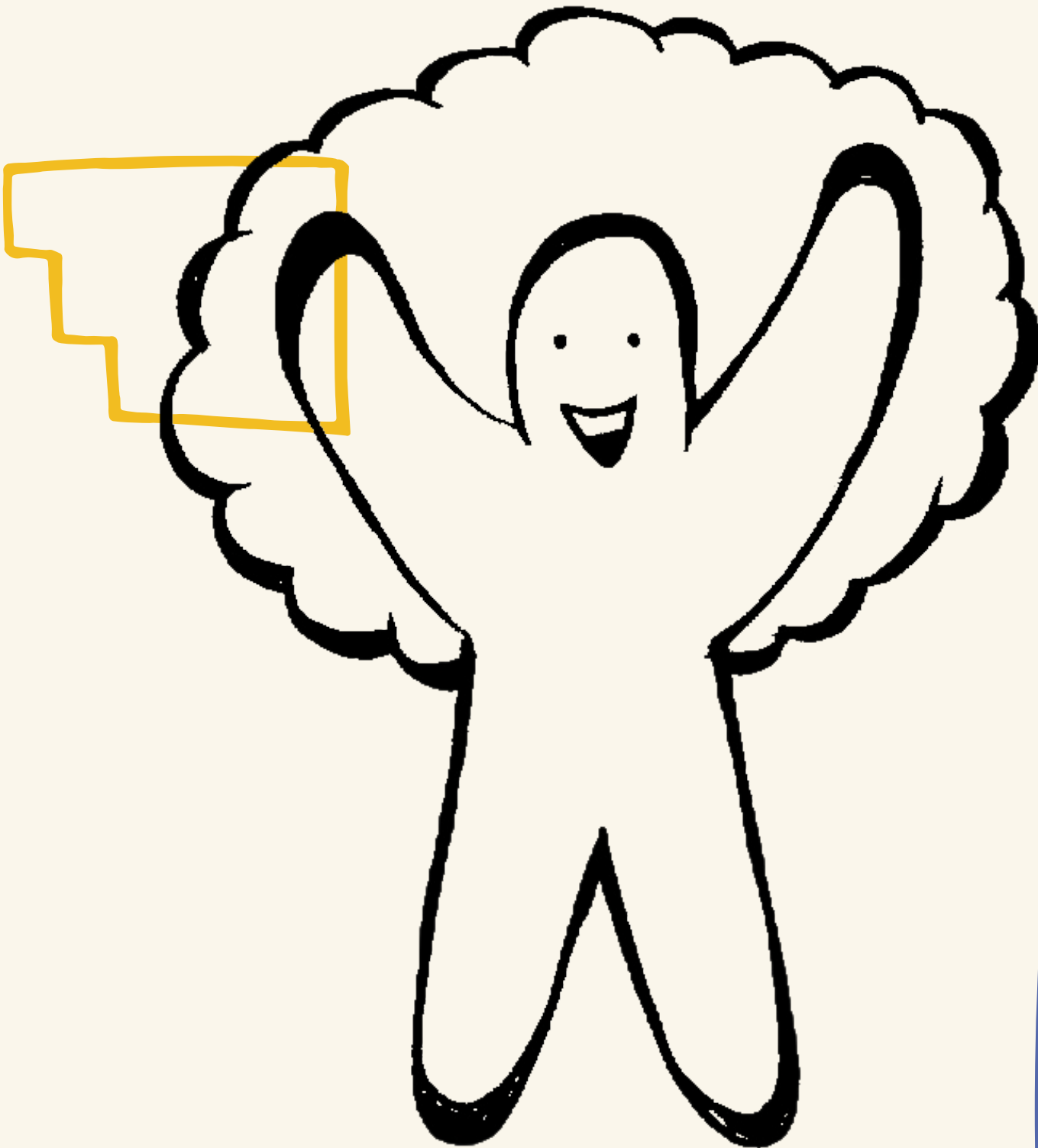
The Blobs work on the premise that there is no right and wrong. They might increase your understanding and empathy about what makes the child or young person tick.

The Blobs are representative of two languages ~ feelings and body language.

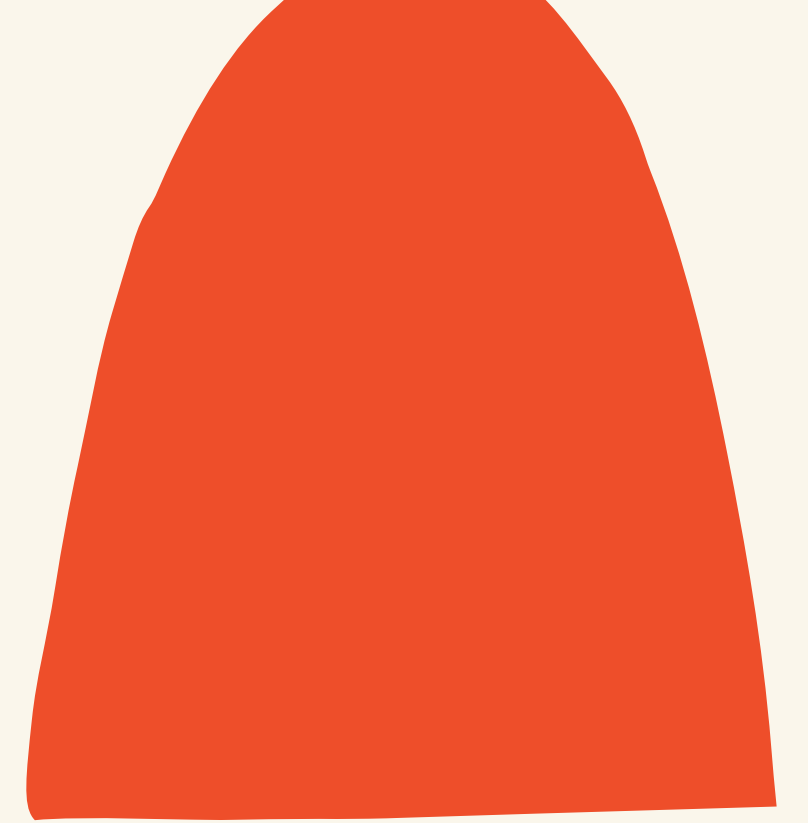
The tree stands for a group - any gathering of people, a team or a class for example.



What makes a Blob grow?



- A Blob needs...**
- A Forest**
- A tree to live in**
- Other Blobs**
- Friends**
- Hobbies**
- To feel safe**
- A big leaf to sleep on**

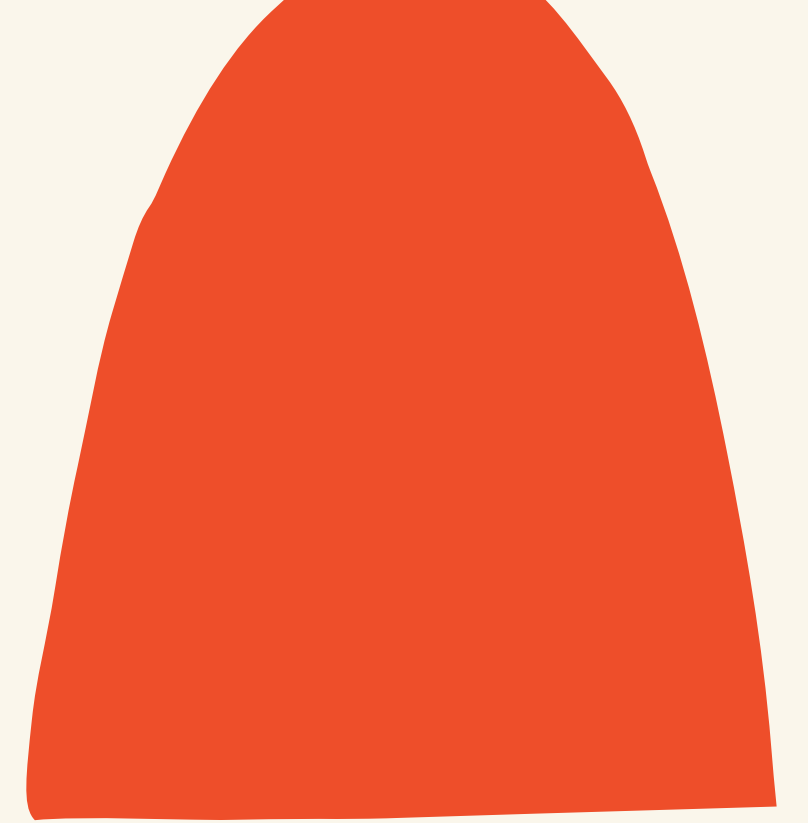


My Blob

**Draw a Blob and all the things a Blob
needs to grow**



Are all Blobs the same?



Ask the children to compare Blobs with a friend

What is different?

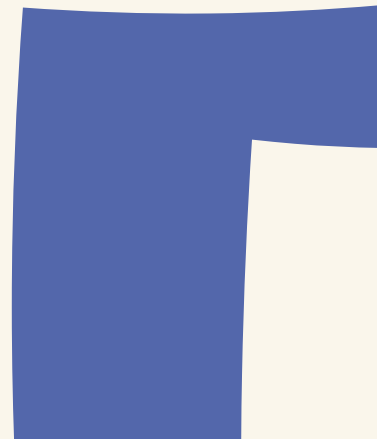
What is the same?

How is your Blob feeling? How do you know?

What about your friends Blob? How is it feeling?

What do you like about your friend's Blob?

What do they like about yours?



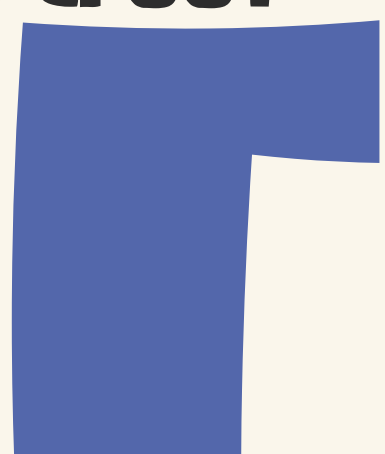
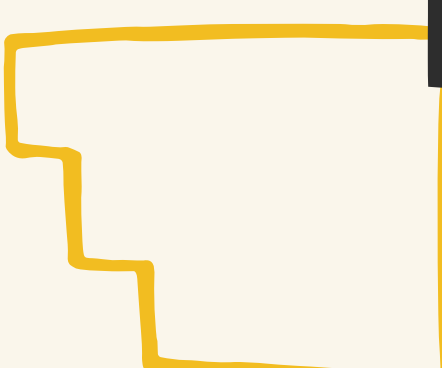
Blob lives in a Blob tree...

What does a Blob Tree look like?

**Blobs often live with other Blobs a bit like
a classroom.**

**Is it the same or different to other Blob
trees?**

**How can we make all the Blobs happy in
the tree?**

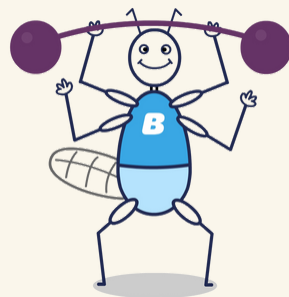
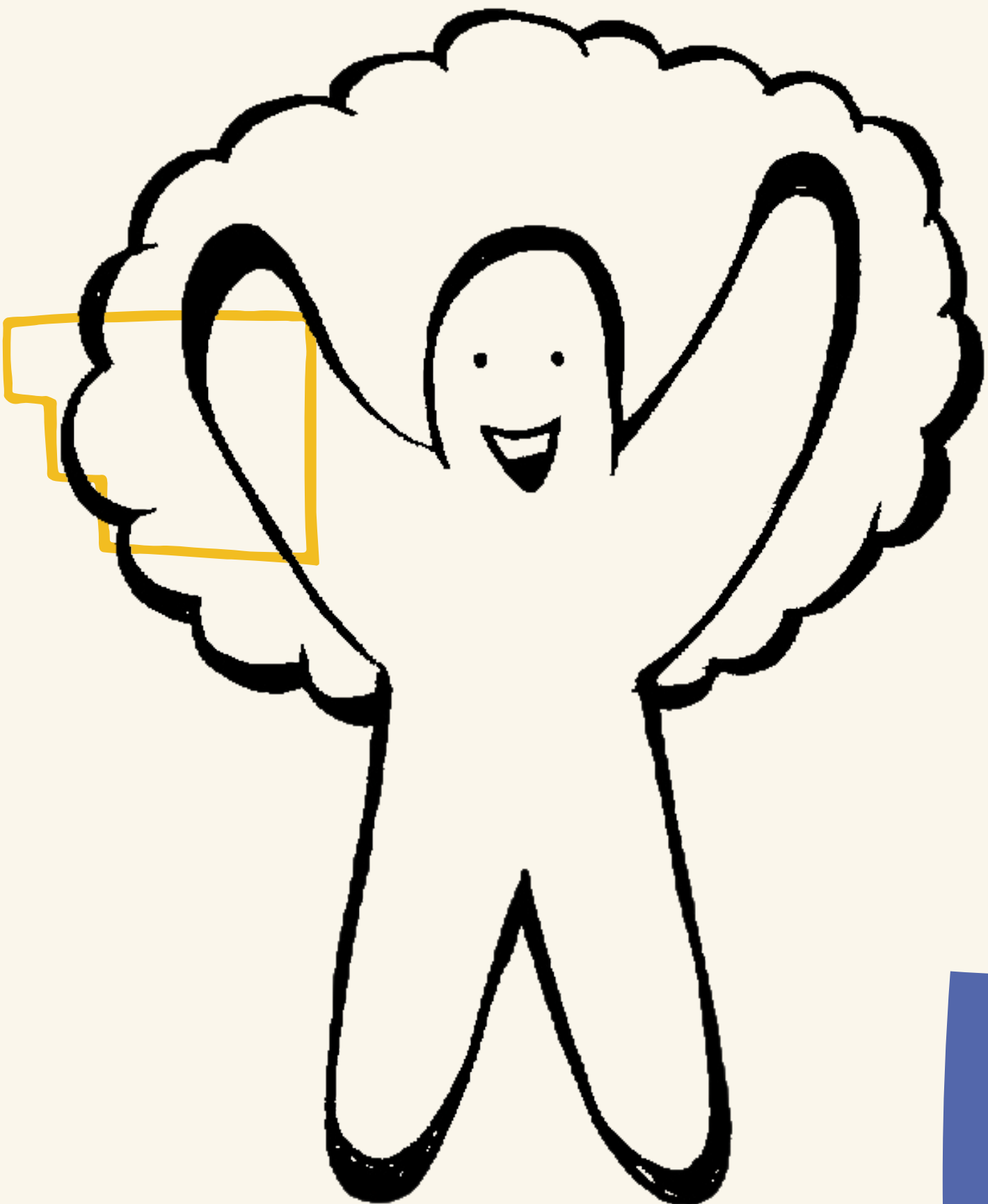


My Blob Tree

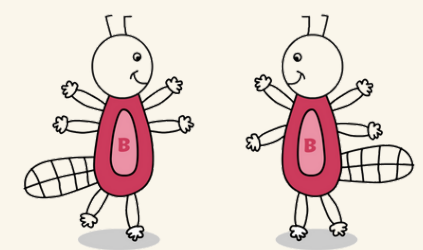
Draw a Blob Tree for your Blob



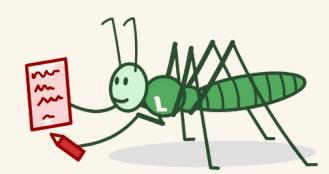
Blob has friends who help him grow...



Bob helps Blob eat healthy food



Billy and Bella play with Blob



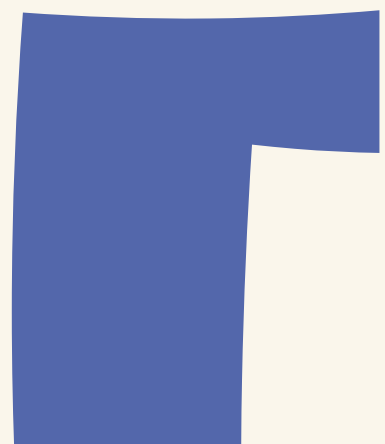
Leo helps Blob learn to read



Cody gives Blob a cuddle if Blob is angry or sad



Courtney helps Blob know what they are good at





BASICS		BELONGING		LEARNING		COPING		CORE SELF	
 I have a good place to live.	 I feel that I belong.	 I know my place in the world.	 I like school.	 I understand the need for boundaries and rules.	 I believe in myself.				
 Me and my family have enough money to live.	 I know what things are good for me.	 I can keep friends.	 I get on well with teachers and people who help.	 I can be brave.	 I try to empathise with others.				
 I feel Safe.	 I recognise my healthy relationships.	 I am able to maintain and keep good relationships.	 I think about my future plans.	 I like to make the most of the things that interest me.	 I am self-aware.				
 I travel to where I need to go.	 I have friends who support me.	 I know my responsibilities and what is expected.	 I like to plan what I am going to do.	 I can see things from another point of view.	 I am responsible for myself and my actions.				
 I eat healthy food.	 I have good memories from my past.	 I know about my history and where I am from.	 I am proud of my achievements	 I can calm down when I need to.	 I have talents				
 I have fresh air and exercise.	 I like to try new experiences.	 I can mix with others and make friends	 I aim to develop my skills and qualities.	 I can start again because I know tomorrow is another day.	 I get medical help when I need it.				
 I sleep well.				 I have someone to talk to when I am unhappy.					
 I play and socialize with others.				 I know how to have a laugh.					
 I see that we are all equal.									
ACCEPTING		CONSERVING		COMMITMENT		ENLISTING			

Ideas for the rest of the week

~ Make a class Blob tree with each child's Blob in

~ Make a goal each to grow and hang on the tree

~ Read stories about helping others and/ or being a good friend– Like the Ants

~ Compare differences between each other, i.e. finger prints, make a finger print tree

~What makes us the same and different observation games (eye colour/ height/ uniform etc)

~Make a growth tree, each time a child does something for another that helps them grow they are added to the tree

~Make a Growth Gift – how can I be a good friend?

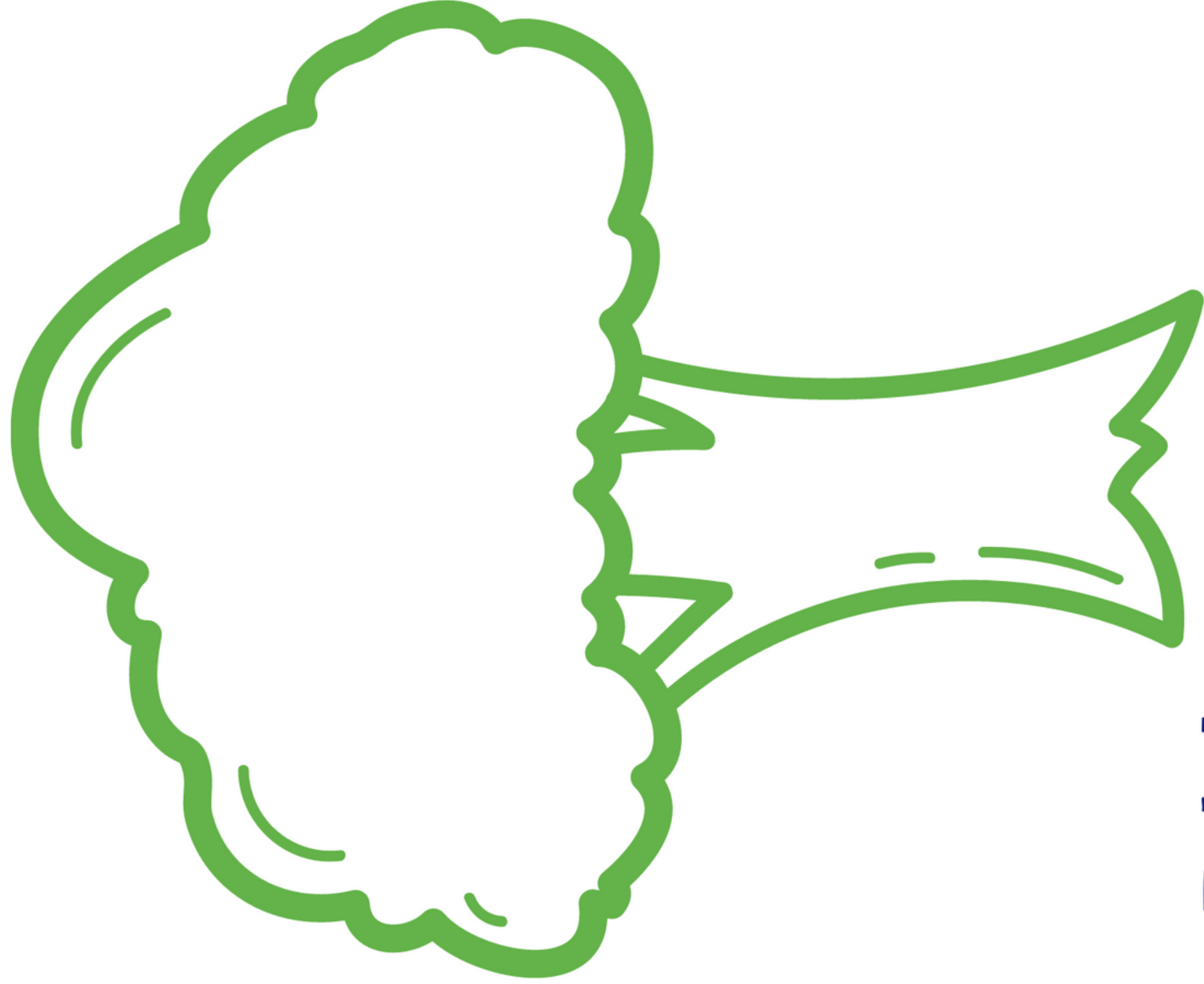
Key Message – we are all different and need different things to help us grow

We can help each other grow

My Growth Gift

Draw your gift in the tree

I will



To help..... grow.



**TAG US @MYARAISETEAM TO
SHOW US WHAT YOU ARE
DOING!!!**

